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Health benefits of visiting underground labyrinth

Ravne- pilot study

ARCHEOLOGICAL PARK: BOSNIAN PYRAMID OF THE SUN FOUNDATION

Introduction

What is healing chamber?



130m from the entrance

25m underground

30m² big

4m high

8 tunnels leading in

What makes it so special?



No artificial ventilation system

Perfect air flow

Negative ions

Are there similar places?



House- 100 –ions/cm³

Riverside- 2000–ions/cm³

Mountain- 5000 –ions/cm³

Healing chamber?

18 500 –ions/cm³

Methods

- 20 subjects in two groups
- Two visits to healing chamber- each for 1 hour



- 1 week between visits
- No food, lots of water, no skipping prescribed therapy

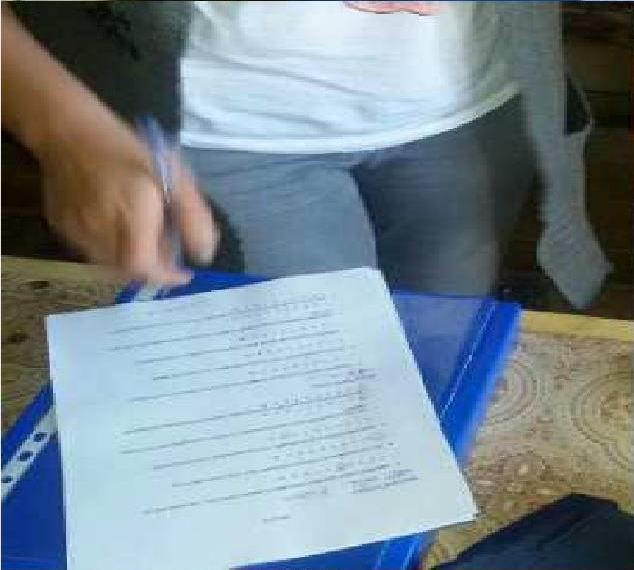
Methods

OBJECTIVE METHODS

1. Laboratory: blood and urine sample
 - Full blood count, bilirubin, cholesterol, triglycerides, urine sediment
2. Mobile team:
 - Blood pressure, level of glucose in the blood, heart rate

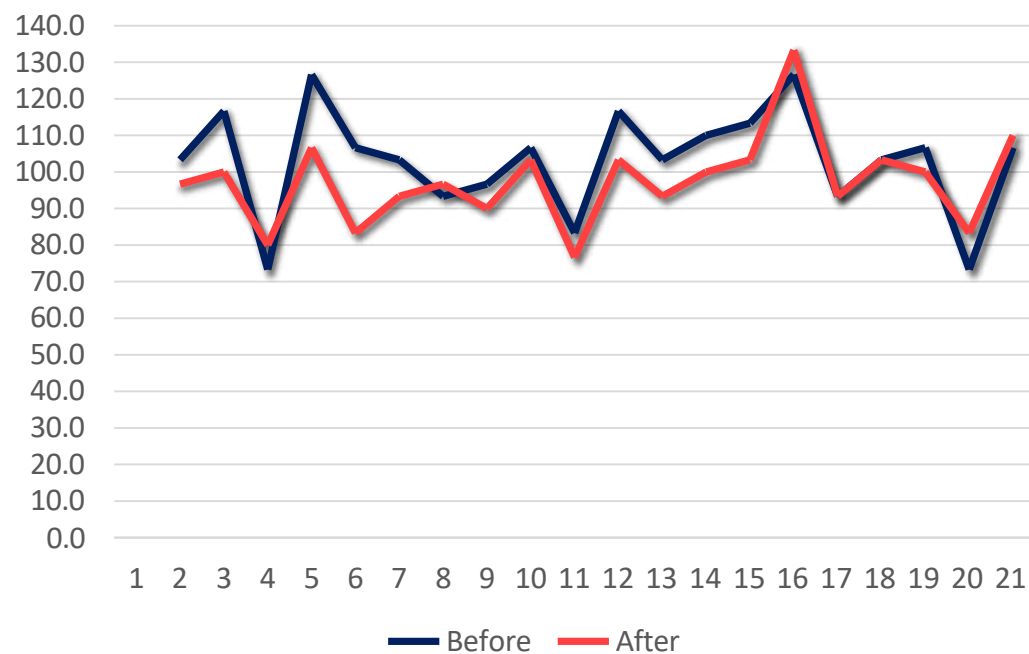
SUBJECTIVE METHODS

- Subjective evaluation scales requiring 1-10 grading of the following:
 - General health condition
 - Stress level
 - Breathing quality
 - Pain
 - Headache

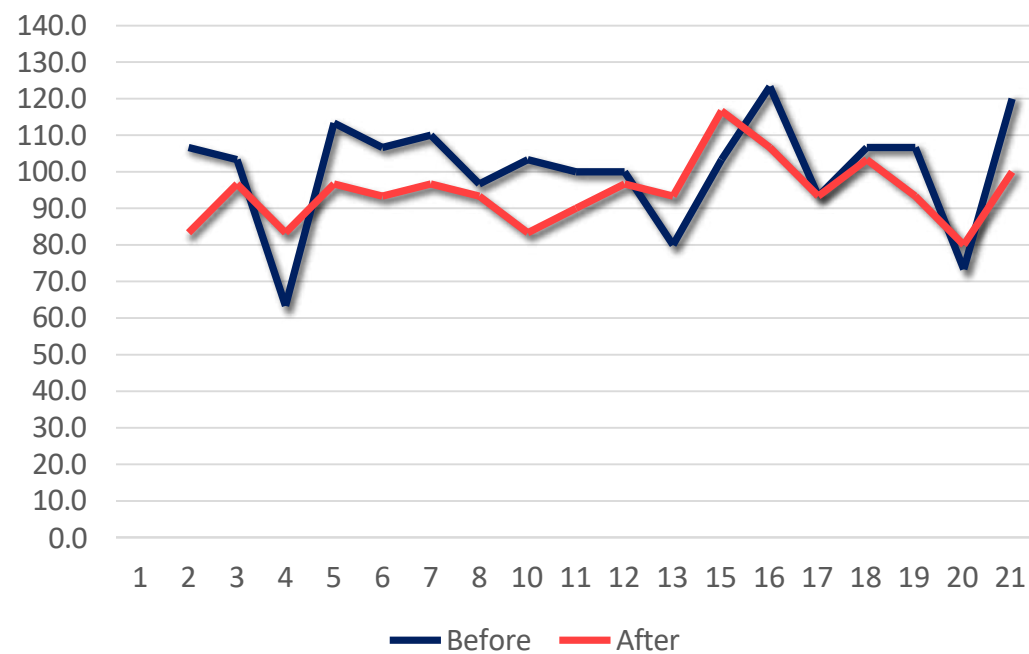


Results

Values of average blood pressure before and after the first visit

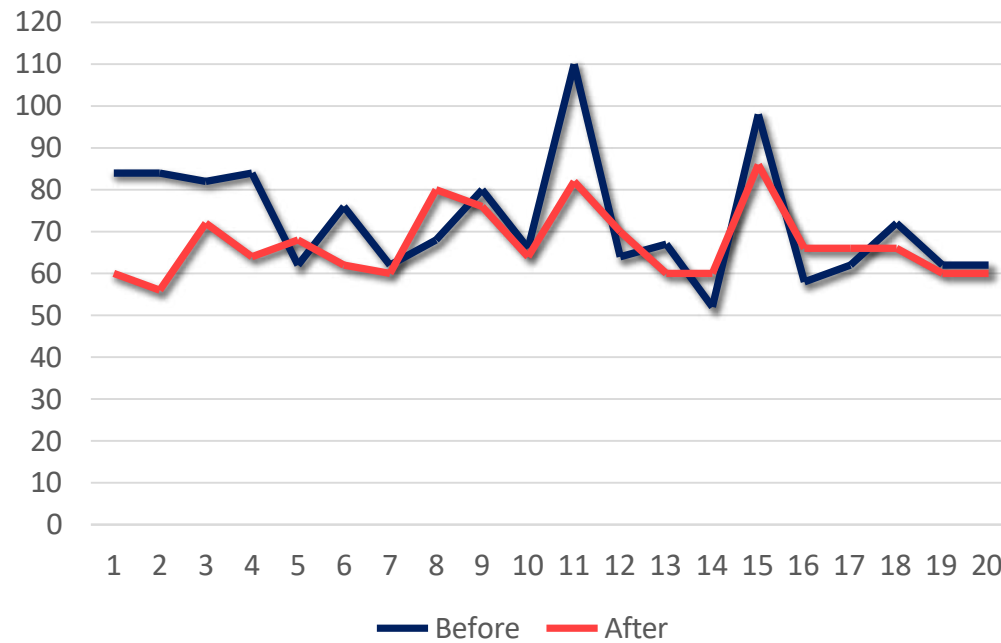


Values of average blood pressure before and after the second visit

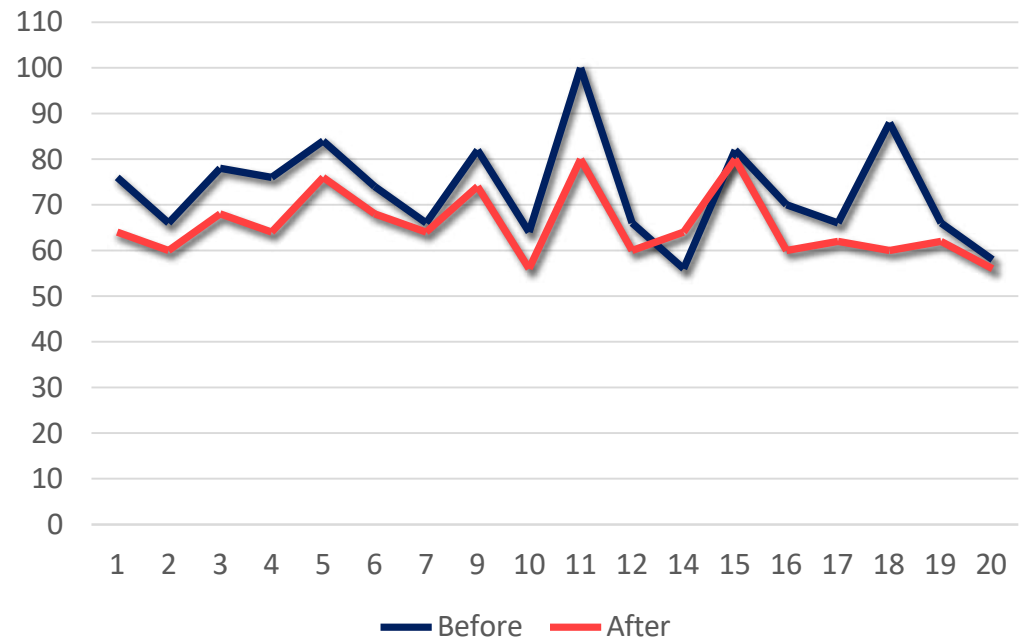


Results

Heart rate before and after the first visit

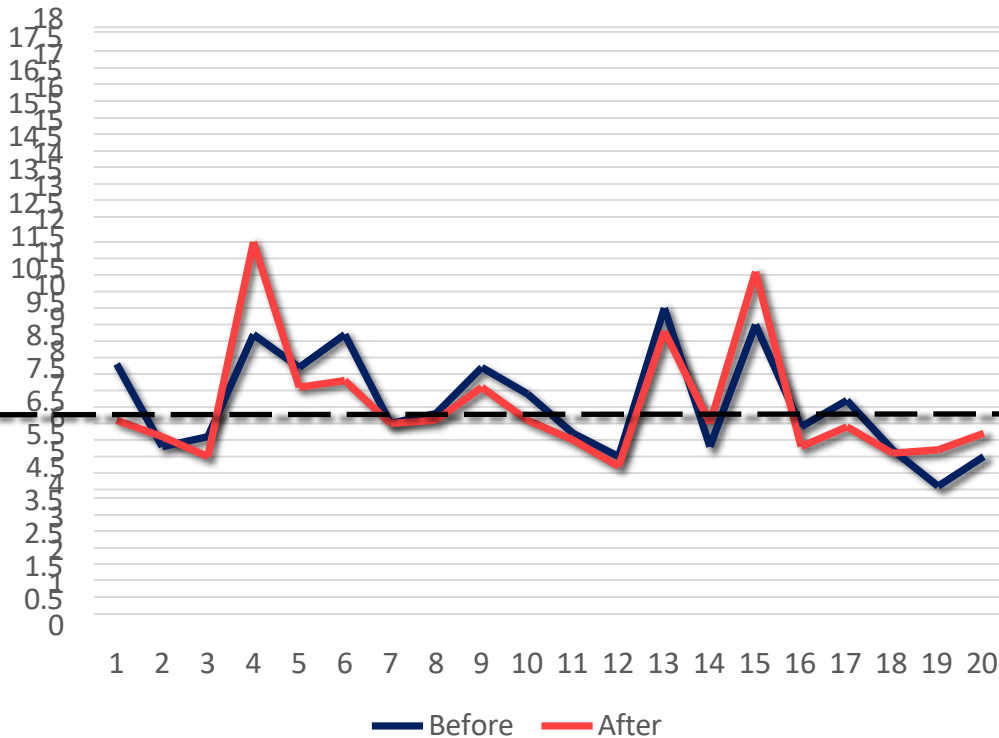


Heart rate before and after the second visit

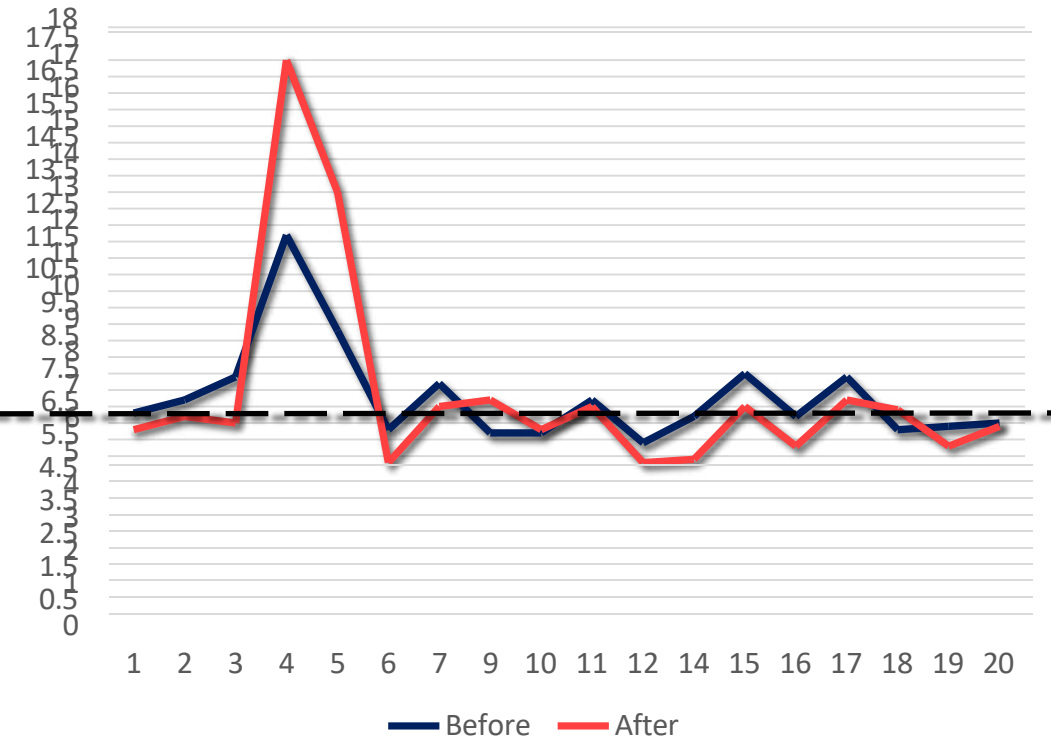


Results

Level of glucose in blood before and after the first visit

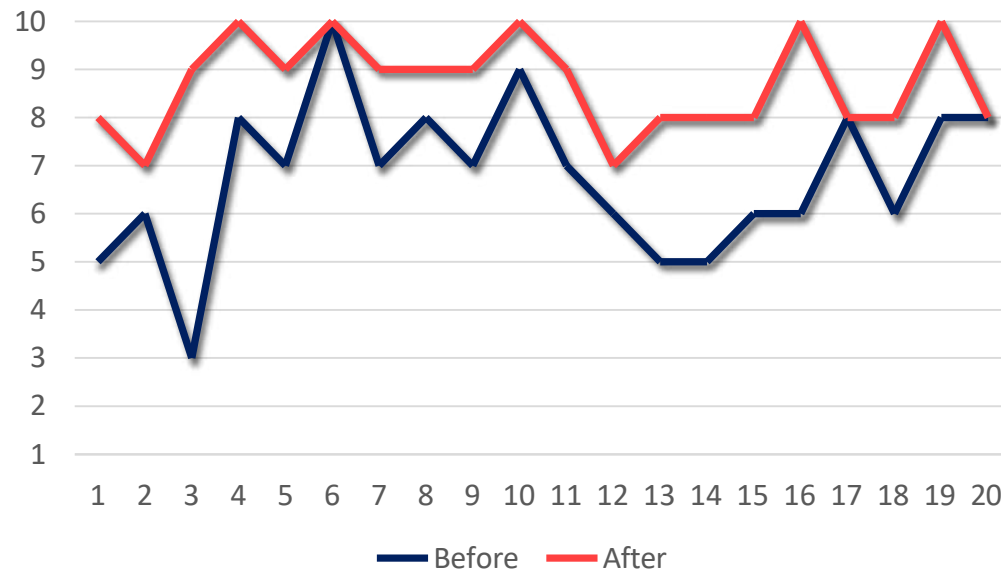


Level of glucose in blood before and after the second visit

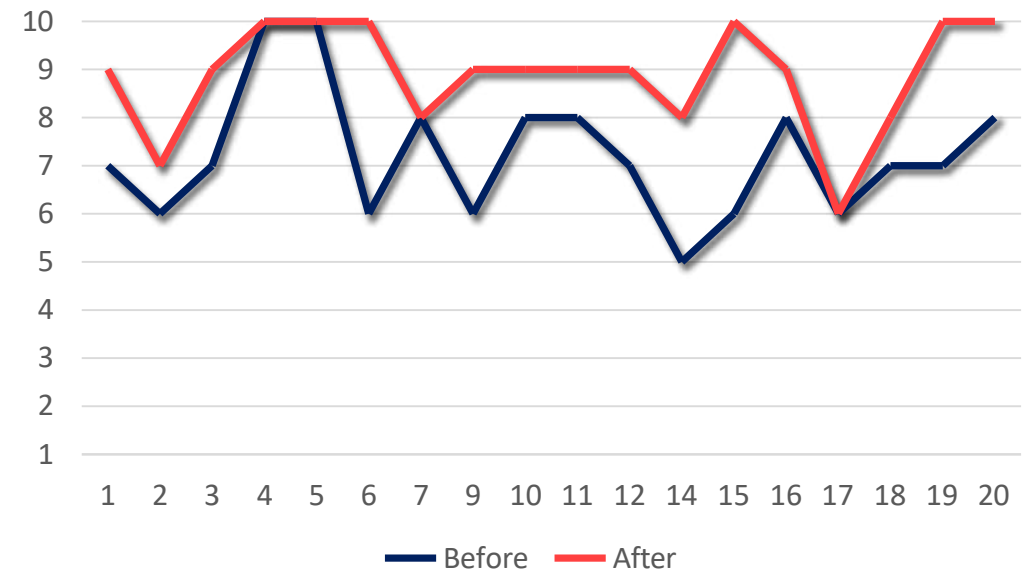


Results

Subjective evaluation of general condition before and after the first visit

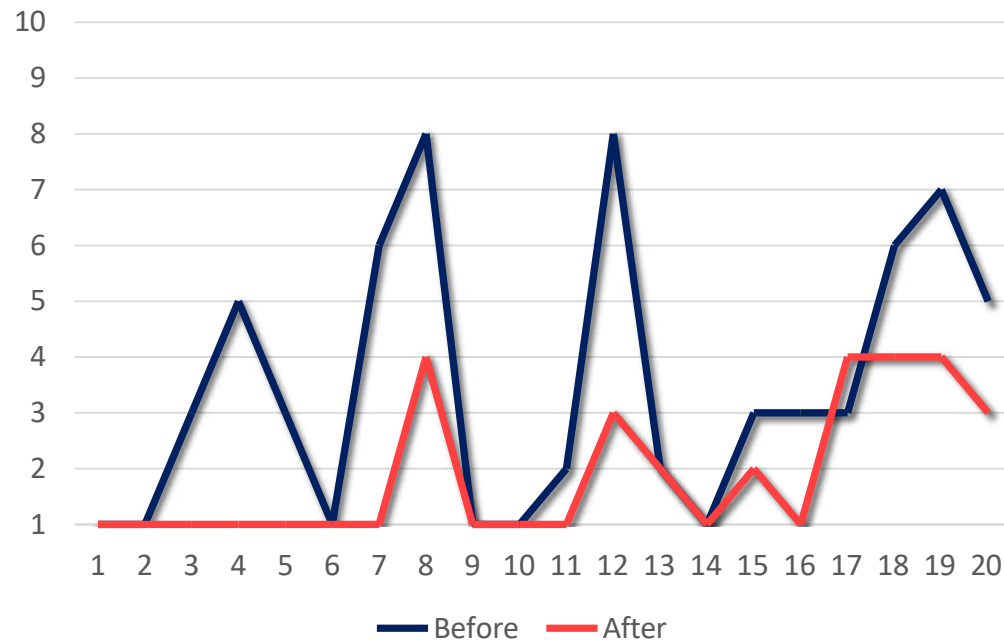


Subjective evaluation of general condition before and after the second visit

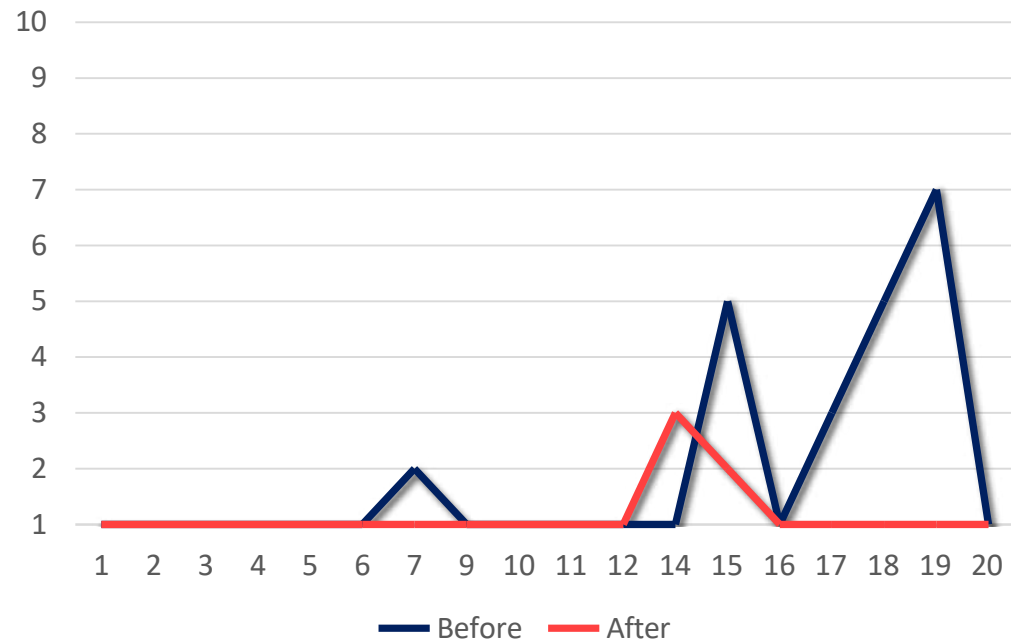


Results

Subjective evaluation of stress before and after the first visit

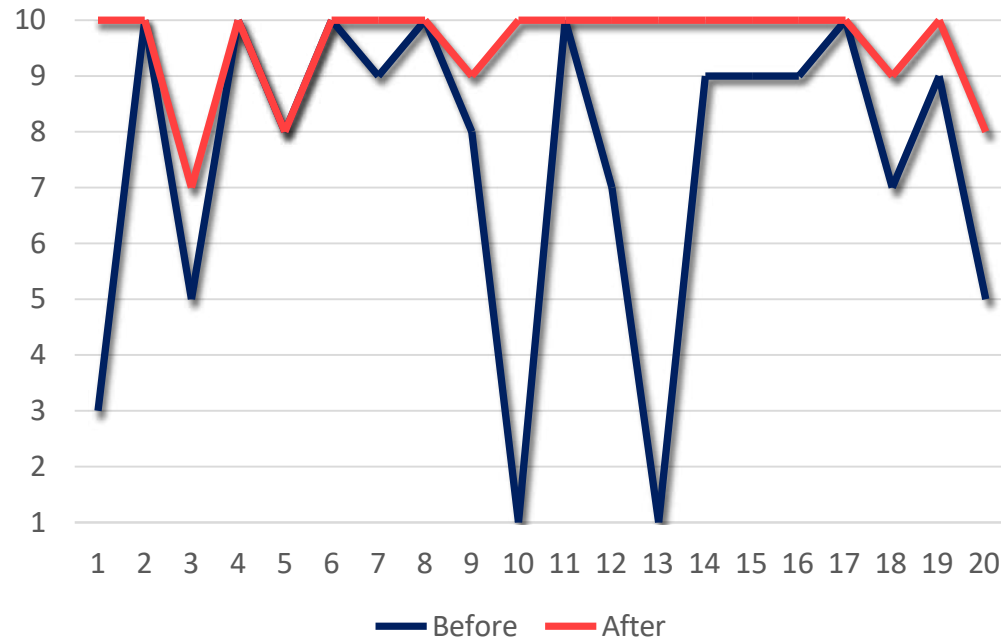


Subjective evaluation of stress before and after the second visit

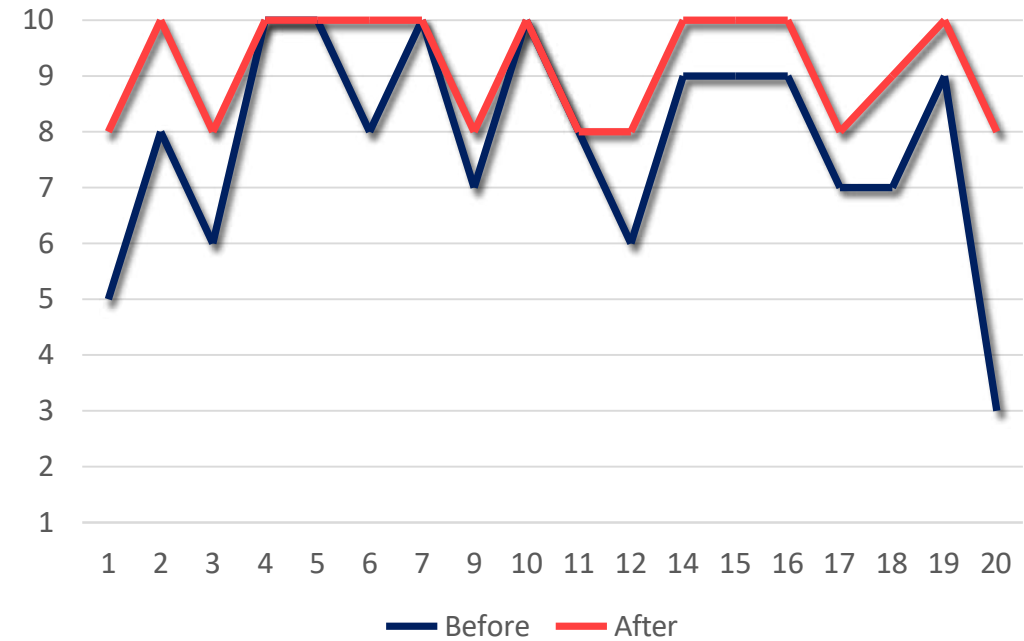


Results

Subjective evaluation of breathing
before and after the first visit

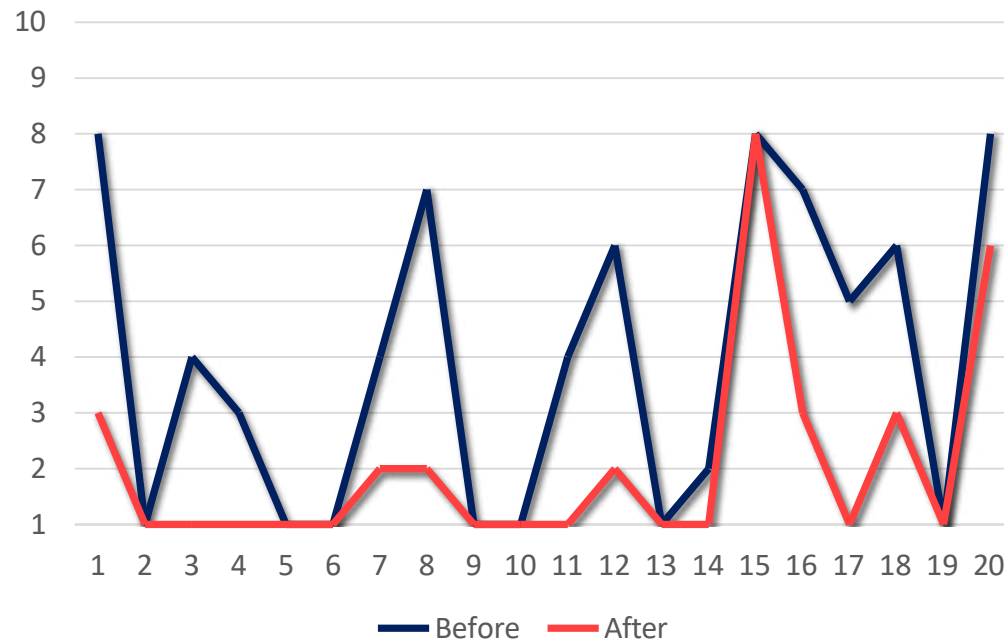


Subjective evaluation of breathing
before and after the second visit

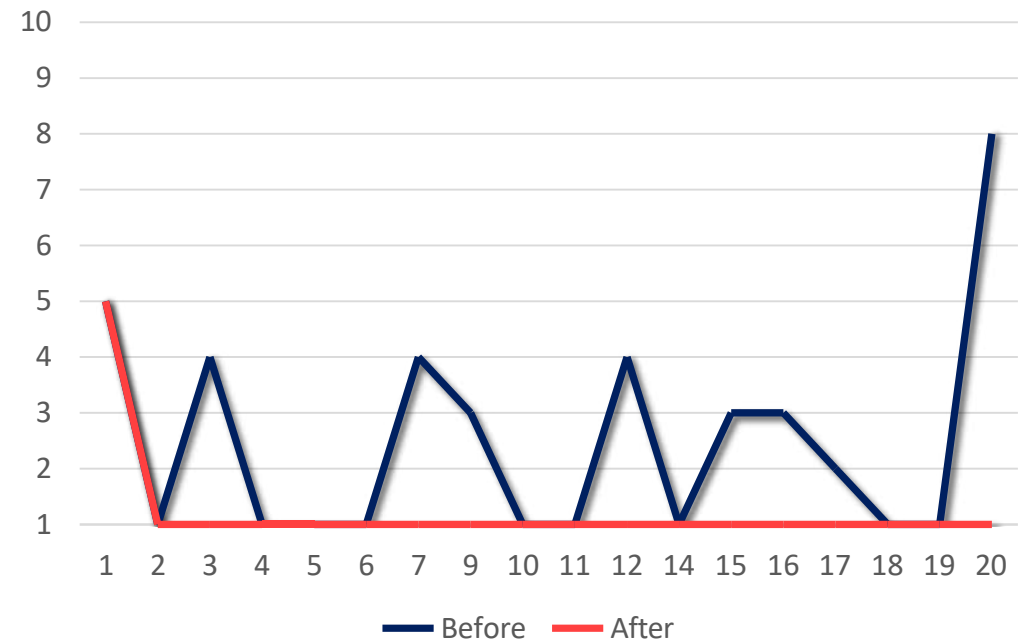


Results

Subjective evaluation of pain
before and after the first visit

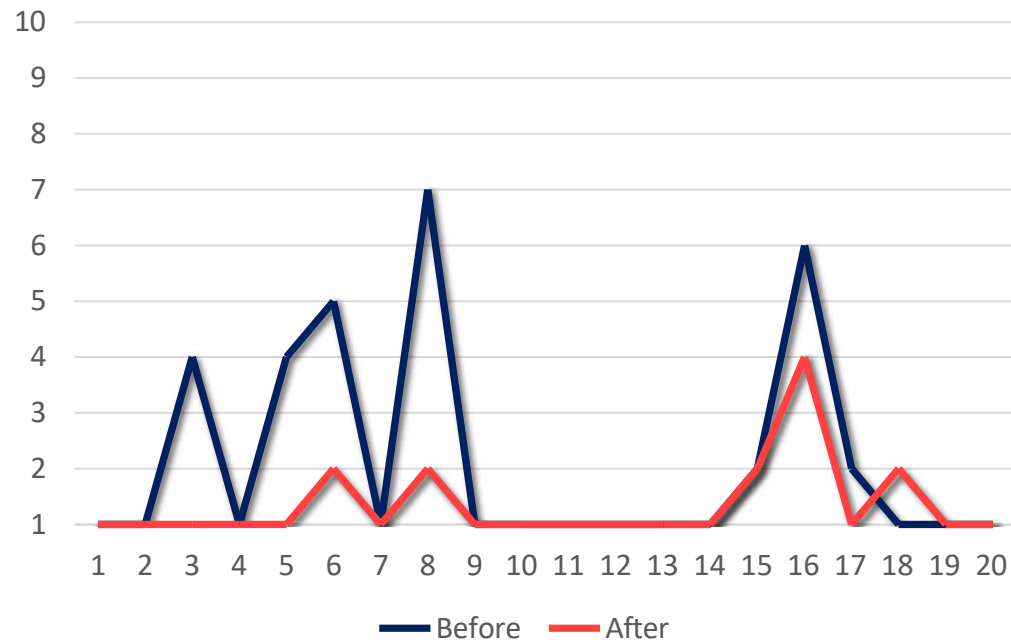


Subjective evaluation of pain
before and after the second visit

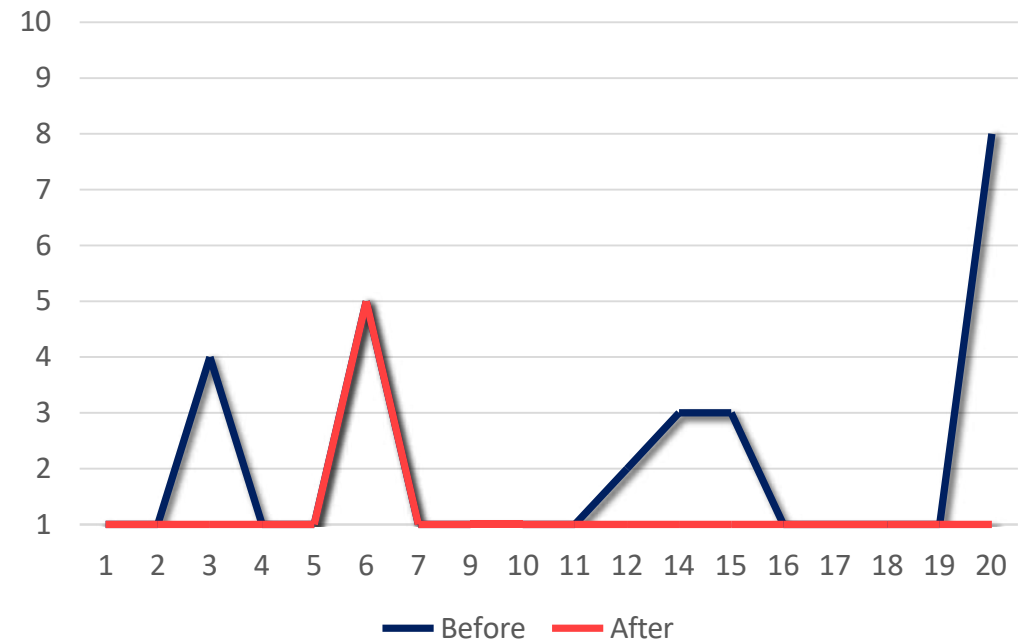


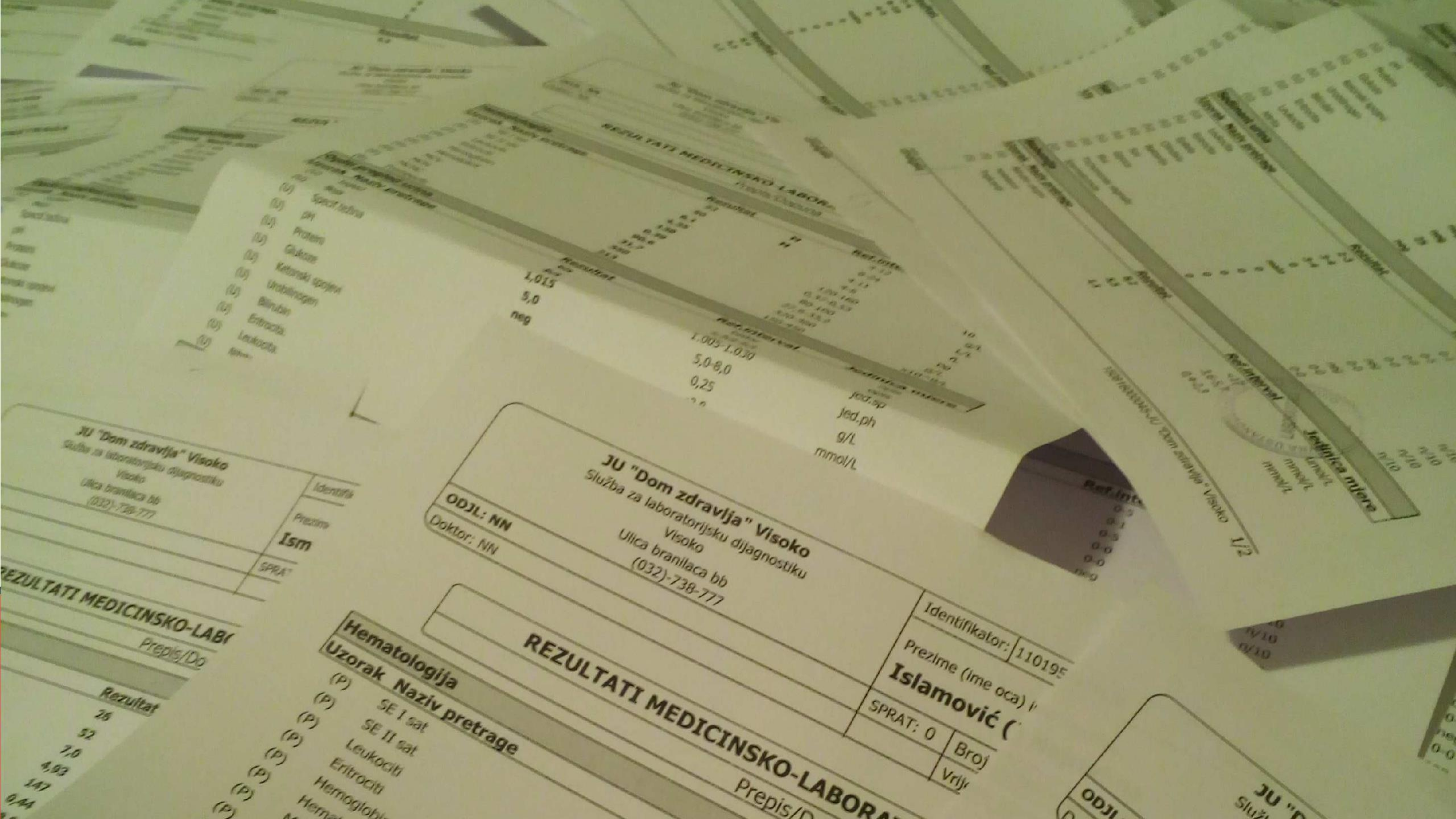
Results

Subjective evaluation of headache
before and after the first visit



Subjective evaluation of headache
before and after the second visit





JU "Dom zdravlja" Visoko
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Visoko
Ulica branilaca bb
(032)-738-777

Identifikator	
Prezime	
Ism	
SPRA	

REZULTATI MEDICINSKO-LABOR
Prepis/Do

Rezultat
26
52
7,0
4,93
147
0,44

Hematologija
Uzorak Naziv pretrage

(P)	SE I sat
(P)	SE II sat
(P)	Leukociti
(P)	Eritrociti
(P)	Hemoglobina
(P)	Hematokrit

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ODJL: NN
Doktor: NN

REZULTATI MEDICINSKO-LABOR
Prepis/Do

Identifikator: 110195
Prezime (ime oca) i
Islamović (
SPRA: 0
Broj
Vrloj

REZULTATI MEDICINSKO-LABOR
Prepis/Do

Rezultat	Referentna vrednost
1,015	1,005-1,030
5,0	5,0-8,0
neg	0,25

jest.az
jed.ph
g/L
mmol/L

Ref.inte
0,3
0,1
0,5
0,0
0,0
neg

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Results

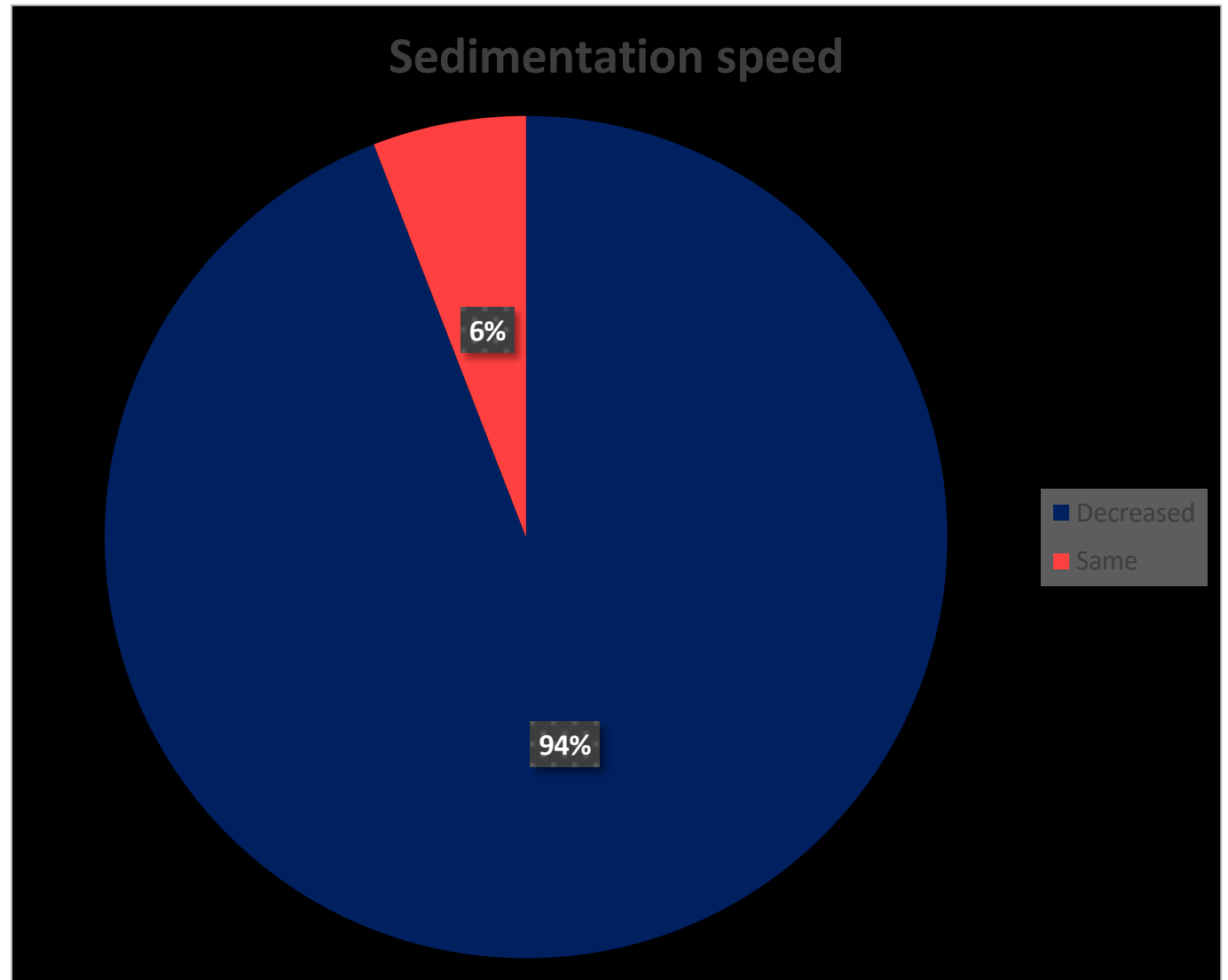
KEEP IN MIND:

- following analysis is including only subjects with pathological values of parameters in the first test made and their change during the study
- larger study with longer period of time is warranted to fully confirm the changes
- why was it important?

We had to know there was no ANY harm to health condition

Sedimentation speed increased:

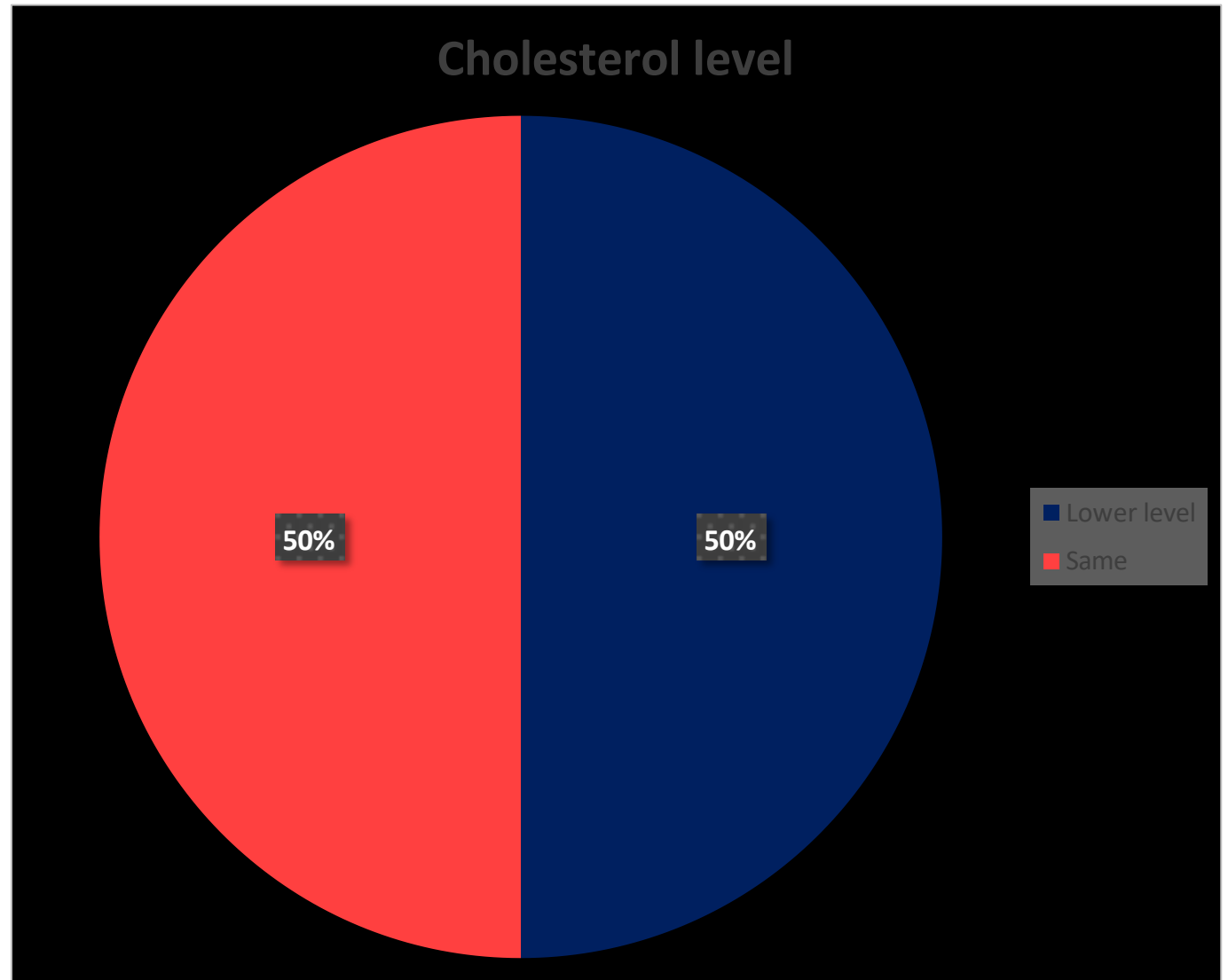
- Inflammation
- Infection
- Viral infection
- Kidney, bone, joint, or heart valve infections
- Autoimmune diseases
- Cancer etc.



Increased values of cholesterol:

- Eating too much saturated fat
- Being overweight
- Being inactive
- Age
- Smoking
- Family history
- 3-6 months needed to lower it

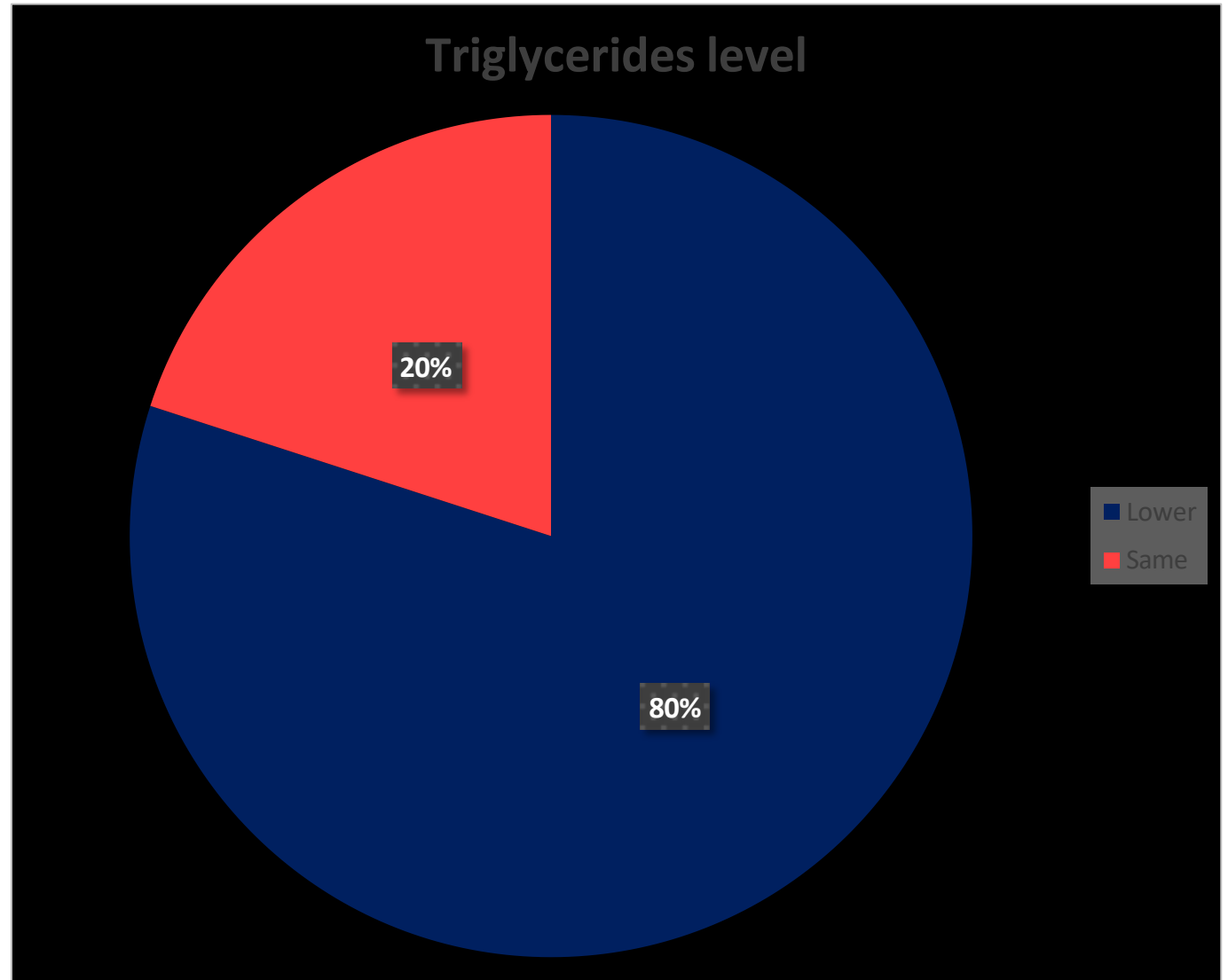
3.6-5.7 mmol/L



Triglycerides

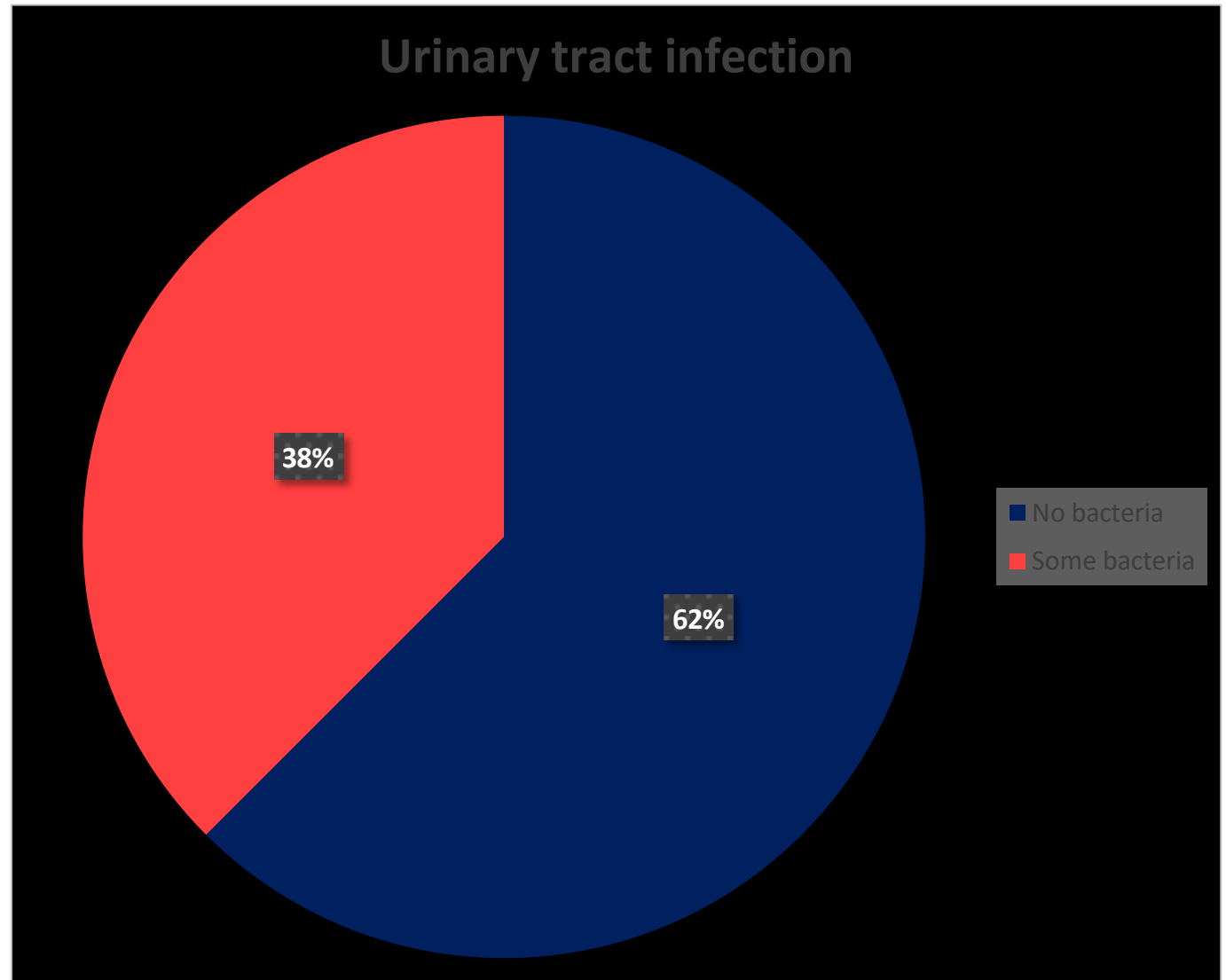
- Stash of unused calories
- Provide body with energy
- Atherosclerosis leading to heart attack and stroke
- Obesity
- Metabolic syndrome

0.4-2.3 mmol/L



Urinary tract infection

- Mostly caused by bacteria
- Burning feeling
- Frequent or intense urge to urinate
- Changes of color and smell of urine
- Fever
- Women > men



Conclusion

- Blood pressure, heart rate and level of glucose in the blood were constantly approaching physiological values after the visit
- Laboratory testing showed as good results as it was possible for a short period of time (metabolism of lots of selected parameters is slow and takes time to significantly change)
- Analysis of subjective scales showed excellent results- all the subjects felt extremely better after the study
- Larger study is needed to confirm the result of the Pilot study

